Well now your here you are in your life And now your finding out why You've got to learn how to fight Before you learn how to fly

So stick your fist up prove them wrong Don't lose the words to the song Coz its a long way down
I guess you know that by now

But if you hold on Well I will hold on too And if you reach up Yeah I will reach up too

Well now your here in your life Its such a long way down Somehow you figure it out So now you turn it around But I know

But if you hold on Well I will hold on too And if you reach up Yeah I will reach up too

Too...too.. too.

And one thing before you go
Just let everyone know
You refuse to regret it
Just like everyone said you would
Just like everyone knew you would

Just say that you can
Sleep at night
Just say that you get nervous
With the struggle you fight

You cant believe what your told
And you cant be alone and you cant let it go and you cant lose contro
l and you know
You are not just anyone
No your not just anyone

And if you hold on Well I will hold on too
And if you reach up.. then I will reach up too
And if you hold on.. and I will hold on too
And if you reach up..